

# Pomme

## NATURAL MARKET

### BOTANICA

Complete Line On Sale  
Assorted

15% OFF



### SMART SOLUTIONS

Complete Line On Sale  
Assorted

15% OFF



### ENER-C

Assorted

20% OFF



NEW!

### WHOLE ROASTED CHICKENS

EVERYDAY LOW PRICE  
ON OUR ROASTED  
NON-GMO CHICKENS



ONLY \$14.99 EA



Roast Chickens are available at our  
Port Coquitlam location only



### TREE ISLAND Yogurt

Assorted

15% OFF



### MID-DAY SQUARES

Functional Chocolate Bar  
227g

3 \$8 FOR



7  
PAGES OF  
SAVINGS!

WWW.POMMENATURALMARKET.COM

PORT COQUITLAM  
2755 LOUGHEED HWY  
OPEN 8AM - 10PM 7 DAYS A WEEK  
(604) 475-2505

NANAIMO  
6560 METRAL DRIVE  
OPEN 8:30AM - 8PM 7 DAYS A WEEK  
(250) 390-1955

OFFERS VALID  
SEPTEMBER 29TH TO  
OCTOBER 26TH 2022

\*ITEMS MAY NOT BE AVAILABLE  
AT ALL LOCATIONS.  
PRICES MAY VARY

## GROCERY

OGGI

Complete Line On Sale



10% OFF

Assorted



WILD MOUNTAIN  
Chocolate Bars

\$6.79  
EA

85g



HAPPY PLANET  
Soup

15% OFF

650ml



## SUSGRAINABLE BAKING MIXES

Assorted

- Delicious baking that fights food waste!
- High fibre.
- High protein.
- Lower in sugar.
- Plant-based ingredients.
- Rescued grains.

15% OFF



ELAN

Complete Line On Sale

15% OFF

Assorted



SIMPLY ORGANIC  
Baking Flavours & Extracts

15% OFF

Assorted



ANITA'S ORGANIC  
Whole Grain Flour

10% OFF

Assorted



SANTA CRUZ ORGANIC  
Lemon And Lime Juice

10% OFF

473ml



## NORA CRISPY SEAWEED SNACK

Assorted

- Seaweed with Crunch! All the goodness of seaweed with all the irresistibility of a potato chip!
- Available in Original, Tempura & Spicy Tempura.

15% OFF





## GROCERY

### HODO SOY Tofu

15%  
OFF

227g



### DAINTY Rice

10%  
OFF

900g



### ROLLING MEADOW Grass-Fed Milk

10%  
OFF



4L



### BIOVERT Complete Line On Sale

15%  
OFF



Assorted



### STELLAR EATS Baking Mixes

10%  
OFF

Assorted



### NUTIVA Complete Line On Sale

15%  
OFF

Assorted



### DAIYA Plant-Based Cheezecakes

15%  
OFF

400g



### BOB'S RED MILL Almond Flour

15%  
OFF

453g



## SIETE GRAIN FREE TORTILLA CHIPS

142g

- Made with simple ingredients like cassava flour and 100% avocado oil for a gluten-free and dairy free snack.

10%  
OFF



## FOOD FOR LIFE COMPLETE LINE ON SALE

Assorted

- We strive to bring the very best food for your life.
- Kosher, non-GMO, vegan, organic, nothing artificial and no refined sugars.

15%  
OFF



## LESSER EVIL POPCORN, PUFFS AND CURLS

Assorted

- From source to snack, Lesser Evil is dedicated to creating clean, healthy snacks that are as tasty as they are guilt-free.
- Start your journey to better snacking!

10% OFF



## ENLIGHTENED FROZEN DESSERTS

Assorted

- Whether you're looking to cut down on sugar, load up on protein or doing keto, we've got a delicious treat made with you in mind.

10% OFF



## GROCERY

### WILDWOOD Tofu

10% OFF

439g



### NUTS FOR CHEESE Plant-Based Cheese

10% OFF

120g



### OMEGA NUTRITION Coconut Oil

10% OFF

Assorted



### SWEET NUTRITION Soft Baked Cookies

2 \$10 FOR

68g



### STASH Tea

20% OFF

Selected



### YUMY BEAR Plant-Based Candy

15% OFF

50g



### GOOD TO GO Complete Line On Sale

20% OFF

Assorted



### PAQUI Chips

10% OFF

155g





## VITAMINS AND SUPPLEMENTS

### PRAIRIE NATURALS Vitamin D3 2500IU

**20% OFF**



180sg & 550sg

- Vitamin D3 form for best absorption.
- Essential for good health.
- Base of organic olive oil and allergen friendly.
- Vital for strong immunity.
- Easy to swallow softgels.



### FLORA Super 8 Probiotic

**10% OFF**



Assorted

- Developed to survive the stomach acids.
- Supports healthy yeast balance in the body.
- Each vegetarian capsule guarantees a minimum of 42 billion viable cells per capsule at time of manufacture.
- Science-based and vegetarian.



### CANPREV NAC+

**10% OFF**



120Cap

- Enhanced cellular protection against free radical damage.
- N-Acetyl-L-Cysteine with L-Glycine and Selenium.
- L-Glycine is necessary for manufacturing glutathione in the body.
- Selenium for proper immune function and the formation of glutathione peroxidase, a powerful antioxidant that protects cell membranes from lipid peroxidation.



### MEGAFOOD Blood Builder

**15% OFF**

Assorted

- Clinically shown to increase iron levels and reduce fatigue.
- With nourishing, whole foods for healthy red blood cell production.



### MEDI C Vitamin C+ L-Lysine Formula

**10% OFF**

Assorted

- Produces healthy collagen.
- Dissolves cholesterol deposits.
- Reduces the risk of cardiovascular disease.
- Increases blood flow to coronary arteries.
- Prevents formation of free radicals.



### INCREDIWEAR

**10% OFF**

Assorted



- Ankle Sleeve helps reduce swelling, relieves pain, and restores mobility.
- Provides targeted support to reduce inflammation and accelerate the body's natural healing process.



- Knee Sleeve is activated by body heat to increase blood flow to the skin and muscles.
- Helps reduce pain, stiffness, swelling and inflammation and aids with muscle fatigue.

### SURO Elderberry

**10% OFF**

Assorted

- Made with Canadian organic 100% elderberry concentrate.
- A great source of antioxidants.



### NATURE'S WAY NutraVege Oils

**15% OFF**

Assorted

- A pure plant-based omega-3 providing 550mg of omega-3 fatty acids (300mg DHA + 150mg EPA) plus 1000IU Vitamin D in just one fresh mint flavour softgel per day.
- NutraVege is 100% vegetarian and vegan-friendly.



## PROGRESSIVE MULTIVITAMINS

Assorted

- Progressive® Multis are formulated with your specific age, gender, and activity level in mind to ensure you get everything you need to propel you through your day.

**10% OFF**





## VITAMINS AND SUPPLEMENTS

### HEALTHOLOGY Sleep Great



- A complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.
- Works by enhancing the body's natural sleep hormone pattern so that you enter all five stages of a healthy sleep.
- Non-habit forming.



**10% OFF**  
30-60Vcap

### LEAFSOURCE Fulvic & Humic Acid

- Harness the power of Fulvic & Humic acid to boost energy levels and immunity, reduce pain and inflammation while gently detoxing your body.
- Try the new 100% food based multivitamin, or the research-proven cold & respiratory formula today!



**10% OFF**  
Assorted

### A. VOGEL Sore Throat Spray



- Fresh, organically grown herb tincture.
- Quickly relieves throat pain and inflammation.
- Antibacterial effect.
- Long nozzle directly targets affected area.
- Treats pharyngitis, tonsillitis and hoarseness.
- Clinically proven.
- Lactose and Cruelty-free.



**20% OFF**  
30ml

### PURICA Immune



**15% OFF**  
Assorted

- Award winning immune support.
- 6 mushroom blend with Nutricol.
- Micronized for superior absorption.



### ST.FRANCIS Respiracleanse

**15% OFF**  
Assorted

- A formula led off by mullein, a herb with antiseptic properties and long valued as a cough remedy because of its balanced content of soothing constituent compounds.
- Reinforced by horehound, another classic cough remedy that relaxes the smooth muscles of the bronchial passages, promoting mucus production and expectoration.
- Further aided by plantain, an antibacterial, anti-inflammatory herb with significant cough-relieving qualities.



### EARTHLI Hemp Protein

**10% OFF**  
Assorted



- 100% Canadian-owned producer of sustainably grown and zero-waste packaged plant-based superfood products to promote a healthy lifestyle with a planet-friendly approach.
- The world is discovering the many benefits of plant-based nutrition, and Earthli vegan proteins provide easier, tastier, and more sustainable options for earthlings everywhere!

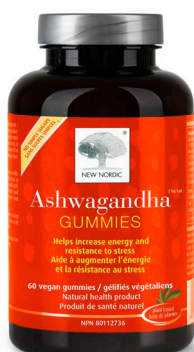


### NEW NORDIC Gummies

**25% OFF**  
Assorted



- Helps relieve stress.
- Helps increase energy.
- Delicious mango and peach flavour.
- Sugar free, vegan and non-GMO.



### HARMONIC ARTS Elixirs

**20% OFF**  
Assorted



- A tasty, convenient way to add nourishing mushrooms, herbs, and superfoods to your daily routine.
- Each blend is formulated by our clinical herbalists with specific wellness features in mind.

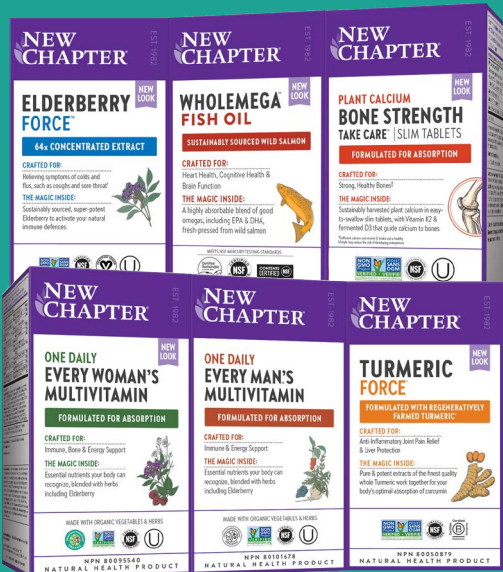


## NEW CHAPTER COMPLETE LINE ON SALE

Assorted

- Delivers Nature's whole wisdom from Herbs to fermented Multivitamins.
- Committed to sustainability.

**10% OFF**



## SALUS BONUS PACKS

Assorted

- Salus Bonus Packs are the best deal of the year!!
- Get the 500ml size plus the 250ml size for unbeatable value on your favourite Salus products!

**10% OFF**





## Garden of Life Raw Organic Protein

**20% OFF**

Assorted

- Excellent source of complete protein from 13 raw organic sprouts.
- Easy to digest.
- A creamy texture and deliciously satisfying flavours.

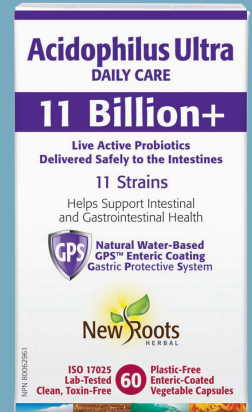


## New Roots Acidophilus Ultra

**10% OFF**

Assorted

- Daily probiotic that supports intestinal health.
- Contains 11 strains - 4 human, 1 plant, and 6 dairy.
- Features our water-based PH<sup>5</sup>D enteric coating for optimal results.



## NEW ROOTS Wild Omega 3

**10% OFF**

Assorted

- Perfect 2:1 ratio of EPA and DHA for great cardiovascular and cognitive health.
- Helps reduce inflammation and improves symptoms of arthritis.
- Sourced from wild Atlantic anchovies and sardines.



## NEW ROOTS Wild Oregano C93

**10% OFF**

Assorted

- Helps fight colds, the flu and many other infections.
- Offers an antiviral, antibacterial, and antifungal protection.
- Blended with premium, cold-pressed, extra virgin, certified organic olive oil.



## BIOSTEEL Hydration

**15% OFF**

Assorted

- Essential electrolytes.
- Added vitamins and minerals.
- Plant-based amino acids.
- Zero sugar.
- No artificial colours or flavours.



## NUTRISTART NutriKrill

**20% OFF**

Assorted

- The most sustainably harvested Krill on the market.
- The ultimate source of Omega-3, EPA, and astaxanthin.
- Great for cardiovascular support and heart health.



## TEONAN Functional Beverages

**15% OFF**

Assorted



- Organic and vegan Teonan beverages not only taste delicious, but provide a potent dose of 6 medicinal mushrooms + probiotics to help power you through your day.
- Drink them hot or over ice!



## ENZYMEDICA Complete Line On Sale

**10% OFF**

Assorted

- Digestive issues and intolerances beware! Enzymedica is here to reduce gas, bloating and allow for better absorption of nutrients from your meals, all naturally!



# Ladies Night

**10% OFF STOREWIDE! GAMES, PRIZES, SNACKS, SAMPLES, DEMOS, RAFFLES, SWAG BAGS!**

**NANAIMO:**  
OCTOBER 13 6PM - 8PM

**PORT COQUITLAM:**  
OCTOBER 21 6PM - 9PM

**TICKETS \$10 WITH ALL PROCEEDS GOING TO A LOCAL CHARITY**  
Purchase instore or online at [POMMENATURALMARKET.COM/EVENTS](http://POMMENATURALMARKET.COM/EVENTS)